



Actual

In this issue

Colourful food is healthy food

Barbecue inspiration

Sustainability

Market & harvest reports

Ardo news

Culinary Ardo

Fairs

SIAL – FR

19-23/10/2014

PARIS

www.sialparis.com

CONXEMAR – ES

7-9/10/2014

VIGO

www.conxemar.com

You can read more about the autumn trade fairs in the next edition of Ardo Actual.

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Colourful food is healthy food

Eating healthily is paramount at Ardo. For that reason, we cannot emphasise enough how important it is to eat enough fruit and vegetables every day.

But there is more to it than that. Studies have shown that we get all of our necessary vitamins and minerals if we build our eating habits around a wide range of colours. Fruit and vegetables with a specific colour often contain properties that can have an influence on our health. We ranked a few delicious Ardo products according to colour.

YELLOW

Yellow fruit and vegetables are rich in the pigments zeaxanthin and lutein. These protect against certain age-related illnesses such as cataracts. These pigments are also good for the heart, digestion and the immune system. **Our yellow products: yellow peppers, sweetcorn, pineapples, mangoes, ...**

ORANGE

Orange fruit and vegetables contain a lot of lutein. They create a defence against sight problems in later life and promote the production of collagen. **Our orange products: carrots, pumpkins, ...**

RED

Red fruit and vegetables contain a lot of lycopene. This substance could improve both heart function and blood circulation. **Our red products: tomatoes, red peppers, beetroot, raspberries...**

GREEN

Chlorophyll is a powerful antioxidant which stimulates the immune system and is said to have cancer-preventing properties. **Our green products: broccoli, beans, courgettes, peas...**

BLUE/PURPLE

The anthocyanins present in blue and purple fruit are powerful antioxidants. Their effects can protect against heart diseases, combat arteriosclerosis and keep cholesterol levels in check. **Our blue/purple products: blueberries, blackberries, red cabbage, red onions, aubergines...**

WHITE

White vegetables contain substances which reduce the risk of cancer. **Our white vegetables: parsnip, cauliflower, turnips, mushrooms...**

ARDO WISHES YOU A COLOURFUL,
HEALTHY AND RELAXING SUMMER!

Ardo news

ARDO AND DUJARDIN FOODS SIGN MERGER AGREEMENT

The two Belgian frozen food companies, started independently by two brothers 40 years ago, are preparing to come together as one firm, subject to approval by the relevant competition authorities. As part of the transaction, NPM Capital, a private equity firm which held a minority stake in Dujardin Foods is selling its stake. In the new Group 100% of the shares will be owned by the Haspeslagh families.



*Standing from left to right: Jan – Philippe – Ignace – Paul Haspeslagh
Sitting from left to right: Xavier – Marc – Bernard Haspeslagh*

The rationale behind the planned merger is to create a robust working platform that enables the business to operate sustainably in the frozen vegetable, fruit and herb sector for years to come, and to lay the basis for a third-generation, professionally-managed family business

Both organisations will continue to operate independently, led by Jan Haspeslagh for Ardo, and Rik Jacob for Dujardin Foods, whilst the integration planning is undertaken. The future Board, chaired by Philippe Haspeslagh, will consist of family representatives and two independent directors. The new group will take the name Ardo.

The merger of the two like-minded companies will optimise all available synergies, including complementary areas of business, to maintain market positions and competitiveness. Following the initial period, transitional changes will be managed to ensure that goods, services and customer relations are maintained and/or improved. The new structure will be designed to respond to the demands of the market and to strengthen relationships with partners in the retail, food service and food industry markets.

ARDO VISITS THE ST.-REMBERT HOSPITAL



In January 2014, the brand-new kitchen of the St.-Rembert hospital in Torhout (Belgium) was inaugurated. Gunther Van de Velde, the kitchen's head chef/buyer, proudly showed us around this state-of-the-art kitchen, which is divided into different areas (preparation area, cold and hot area, composition). Fifteen employees prepare 450 meals every day for the patients and the restaurant, a children's nursery, service flats and the monastic community. We took the opportunity to film this impressive facility in connection with a new Ardo company film.



NEW ARDO TV FILMS ONLINE!

Looking for delicious new dishes using existing or the newest Ardo products? Then Ardo TV is here to serve you. Our culinary adviser Peter De Wandel (Belgium) will give you a number of clear and concise suggestions. How do you make a delicious fresh salad with the green soup vegetable mix, one of

the newcomers to the Ardo range? Be surprised. **Check it out under the 'Ardo TV' heading at www.ardo.com.** Enjoy!

FOLLOW US ON FACEBOOK AND LINKEDIN

Would you like to be kept up to speed with what is going on at Ardo? Then like us on Facebook or follow us on LinkedIn. It is well worth the effort, as it is via these sites that we regularly present you with little facts, delicious recipes and information about our newest products. Following Ardo on Facebook is extremely easy. Simply log on using your personal Facebook account to www.facebook.com/freshfrozenvegetablesandfruits.



On our LinkedIn page you will find more company-related information. <http://www.linkedin.com/company/ardo>



Barbecue inspiration

EVERYTHING YOU NEED FOR AN UNFORGETTABLE BARBECUE

Barbecues can be so much more than a banquet of meat. **With the different Ardo products you can create many exquisite, original dishes for your garden table in no time at all.** Our barbecue expert Rasmus Bleeg (Product Developer at Ardo Frigodan Denmark) laid out a few delicious barbecue tips using the most recently launched Ardo products. You can find the full recipes at www.ardo.com.



PESTO PIZZA WITH CHERRY TOMATOES

Ardo's cherry tomatoes are deliciously juicy and flaunt a **beautiful, intense colour**. They give flavour and colour to various sauces, pasta dishes and pizzas. 4 x 2.5kg – CHT610

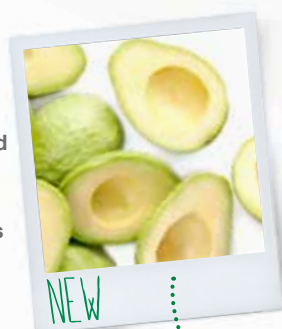


BARBECUED CHICKEN WITH ITALIAN-INSPIRED HERBY POTATOES

See last page for recipe.

GRILLED AVOCADO – ASIAN STYLE

The Ardo avocado is **perfectly ripened** and therefore very well suited to preparing guacamole. It also shows how valuable it can be **in many dishes** (wraps, sandwiches, salads, etc.) **and shapes** (in pieces, strips, puréed, etc.). 10 x 1kg – XAV310



The Italian herb mix of red onion, parsley, basil, garlic scapes, thyme and oregano is indispensable in every kitchen. The ideal ingredient for a dressing or to season dishes. 5 x 1kg – KIM210



Discover these surprising recipes on www.ardo.com!

INSPIRATION FOR 5 DELICIOUS BARBECUE SIDE DISHES

VEGETABLE FRIES WITH MINT

Given the success of the vegetable fries in FoodService, **Ardo has also developed a retail pack. With this attractive 500g pack, you are sure to inspire many children and parents.**

This delicious mix of crunch parsnip and carrot can be offered at various different occasions as an alternative to normal fries. Secondly, the vegetable fries are perfect for vegetarians. You can easily prepare them in a deep-fryer or oven.

12 x 500 g – UWP510

4 x 2 kg – UWP210



OLIVE TAPENADE

Ardo olives are cultivated in the south-west of Spain and frozen at our site in Badajoz. They taste unbelievably good in various Mediterranean dishes and are simple to serve up.

Sliced black olives: 10 x 1 kg – OLZ310

AVOCADO CREAM WITH CORIANDER, SOUR CREAM AND GARLIC

AIOLI WITH ITALIAN HERB MIX

OVEN-DRIED TOMATOES MARINATED IN OIL, ITALIAN HERB MIX, LEMON ZEST, SALT, BLACK PEPPER AND GARLIC

These flavoursome tomatoes are perfect for many different sauces, mixes or as a snack. They have an intense red colour and a perfect texture. These tomatoes are not only popular, but also truly delicious!

10 x 1 kg – TOG 310



3 DELICIOUS SALADS FOR THE BARBECUE

GREEN SALAD

with avocado, mango, half-dried tomatoes and salt-roasted almonds

See last page for recipe.

CLASSIC YELLOW

PASTA SALAD

with rigatoni and yellow soupmix

CHERRY TOMATO SALAD

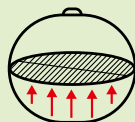
with oven-dried tomatoes and cottage cheese



WHAT DIFFERENT GRILLING METHODS ARE THERE?

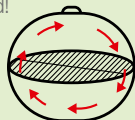
Direct grilling method

With this classic grilling method, you use direct heat and bake the **food directly on the grill above the hot coals.**



Indirect method

With this slower cooking technique, you let your dishes (often larger pieces such as roasts or poultry) grill for longer. **You do not cook the food directly above the coals, rather via the circulation of hot air around the meat.** You therefore cook the pieces next to the heat source. Put the lid on the barbecue when using this method!



Rasmus Bleeg, a Dane who works as Product developer at Ardo/ Frigodan (DK) is also responsible for new product development. Rasmus is team captain on BSGH (Backyard Superstar Grill Heroes). Rasmus has won many Danish BBQ titles, and 1 world championship together with The Danish National BBQ Team.



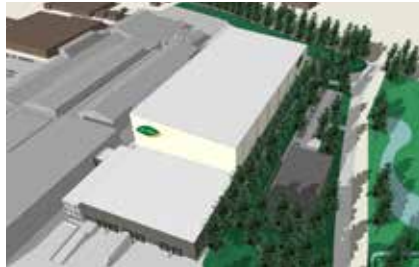
Sustainability



The extremely positive experiences surrounding the sustainable storage of 30,000 pallets in the cold store at Ardo Ardooie (BE), coupled with an efficient logistical distribution centre, are going to be extended. This is namely because Ardo has decided to make similar investments at other sites.

In June, the new **fully automatic distribution centre at Ardo Geer (BE)** will be opened. The new cold store high-bay warehouse is able to store up to 32,000 pallets over a surface area of 6,500m² and an impressive height of 36 metres. The warehouse will be able to handle up to 230 pallet movements per hour, which means Ardo Geer will be capable of loading four trucks per hour in the automated order collection zone.

Since February, work has been taking place at Ardo Zundert (NL) on a new distribution centre.



The new cold store, which is replacing the two existing ones, is a high-bay warehouse with a height of 33 metres, a surface area of 6,500m², and a capacity of 24,000 pallets. The launch is planned for April 2015, before the beginning of the new spinach season. As well as the cold store, a 4.7-hectare nature area with ponds and walkways is being laid. This green area will

ensure a smooth transition between nature and industry.

HERE ARE A FEW SUSTAINABLE BENEFITS OF FULLY AUTOMATIC COLD STORES AND DISTRIBUTION CENTRES:

- Thanks to a thorough, preliminary energy study, the distribution centre is able to function in the most energy efficient way.
- Thanks to an ingenious cooling system with heat and cold recuperation offices can be cooled and heated.
- In the conventional cold stores, forklift trucks drive the supplies in and out of the lanes using shelves. A lot of things therefore need to be moved in order to reach a specific item. Furthermore, only 85% of the storage capacity is used. A fully automatic cold store has a clever system in which a trolley on a rail (powered by energy recuperation systems) is able to automatically reach each individual pallet on a shelf directly. That way it is possible to use up 98% of the storage capacity.
- As the pallet movements in the high-bay warehouse take place automatically, there is almost no need for lighting.
- Thanks to the high-bay warehouse, the necessary surface area has been reduced by two-thirds.



Want to find out more about all of our sustainable measures? Download the Corporate Responsibility Report from www.ardo.com.

Market and harvest reports

MARKET REPORTS

Consumption of frozen vegetables has been fairly stable in the first quarter of 2014 in all segments and countries. Deficient spinach and pea harvests in Europe in 2013 resulted in low stock levels, which in some cases and in certain countries meant that supply could not last until the new harvests.



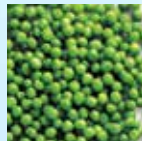
Thanks to its European network of production sites, Ardo succeeded in supplying additional amounts of **spinach** during 2013's production. In this way all existing contracts as well as additional requests from our partner customers could be met. Furthermore, the mild winter helped us avoid a boom in demand.

We are also noticing a rise in demand for organic vegetables in 2014. As a result, we are increasingly focusing all market segments and countries on the marketing or processing of organic vegetables. The Ardo Group, which over many years has established its own adapted production lines, will also increasingly focus on this segment in the coming years.

HARVEST REPORTS

After a winter of exceptionally high temperatures, the spring was characterised by excess rainfall in some European growing areas. This was detrimental for the spring crops in those areas.

Particularly affected were:



Portugal

Excess water hampered the sowing of **peas and broad beans**. The crop therefore had to be reduced by half. This was a disappointment, if you consider that due to the already low pea supplies, early production in Portugal would have been ideal to guarantee a better supply for the larger production in Europe.



France

Excess water caused a lot of damage in Brittany in particular, one of the most important growing areas for vegetables in France. **The winter spinach harvest yields were down by 30%.** The sowing of spring spinach had to be postponed, which potentially means that some areas we had planned to supply will not be used. In light of this, particularly strong harvests will already be hard to achieve.

In terms of the other vegetables, sowing or planting has been delayed in many cases, which hopefully will be compensated by good growing conditions in the coming months in order to achieve the planned production volumes for 2014.

Once again a tense start and a challenge for 2014.

End of April 2014 edition



Culinary Ardo



BARBECUE CHICKEN WITH ITALIAN-INSPIRED HERBY POTATOES



Ingredients (serves 4)

4 chicken breasts, 800g Ardo half potatoes with skin (ARW), 3 tbsp. of Ardo Italian herb mix (KIM), 1 tsp. fennel seeds, 3 + 1 tbsp. olive oil, Barbecue sauce, salt and pepper

For the marinade: ½ tsp. ground black pepper, 1 tsp. onion powder, 1 tsp. paprika, 2 tsp. salt, 2 tsp. garlic powder, 1 tsp. oregano, a pinch of cumin

Preparation

Spread the half potatoes (frozen) over a grill tray. Turn them in 3 tbsp. olive oil, salt and pepper. Grill the potatoes over indirect heat for approx. 45 minutes, then turn them in Italian herb mix, 1 tablespoon of olive oil and fennel seeds. Place the grill tray with the potatoes on the grill again and grill them further for approx. 20 minutes over the indirect heat.

Mix all the ingredients for the dry rub marinade and sprinkle it over the chicken breasts.

Grill the chicken breasts for approx. 4 minutes on each side over direct heat. Then put the grilled chicken breasts on indirect heat, brush them with BBQ sauce and grill them for approx. 5 additional min. Serve the grilled chicken breasts with Italian-inspired potatoes and a delicious barbecue sauce.

Tip: Smoke the chicken breasts with a few finger tips of apple wood smoking chips as this provides a delicious grill flavour.



ENJOY!

GREEN SALAD WITH AVOCADO, MANGO, SEMI-DRIED TOMATOES AND SALT-ROASTED ALMONDS

Ingredients (serves 4)

3 Ardo half avocados (XAV), 200g Ardo mango (XMA), 150g Ardo oven-dried tomatoes (TOG), 1 Romano lettuce, salted almonds, balsamic vinegar, olive oil, pepper and salt

Preparation

Wash several Romano lettuce leaves. Cut the lettuce into 4cm thick slices. Place the lettuce into a bowl.

Cut 3 Ardo half avocados into chunks and add 200g defrosted Ardo mango and 150g Ardo oven-dried tomatoes to the lettuce. Now add a dash of balsamic vinegar and olive oil. Season the salad to taste with a little salt and pepper.

Roast the almonds golden in a little oil in a pan and season to taste with salt. Garnish the salad with the salt-roasted almonds.



(only available in UK)

Take a look at our website www.ardo.com for many more amazing recipes!



Ardo N.V. Wezestraat 61 B-8850 Ardoe - T +32 51 310621 - F +32 51 305997 - www.ardo.com - info@ardo.be
 +45 65 310310 - +49 2102 2028 0 - +44 1233 714714 - +33 297 234876 - +353 12 957355 - +31 765 999999 - +351 243 559 230
 +7 499 682 73 54 - +34 955 660 648 - +420 326 597 045 - +386 5 658 25 00 - +86 21 6473 8068 - +43 7476 77222 - +43 2249 35350
 +46 (0)8 768 1550 - +36 87 4827 32 - +39 (0)5 21 92 99 12 - +407 29786684 - +48 510 080 311





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☐ Olives..... ☐ Overdried tomatoes..... ☐ Avocado
☐ Italian herb mix
